

So tonight is about our chakras – so let's first address how it is pronounced some say CHakra and others say SHakra – well no one will correct you either way but it is a Sanscrit word – meaning vortex or wheel and so is traditionally pronounced Chakra in that tradition. Now that we have that out of the way, what is Chakra? It means vortex or wheel in Sanscrit because those who are gifted to see it – see it as a moving energy along our body – and while they are all interconnected we address them separately. There are seven of them

- 1 – Root located at the base of your spine – red
- 2 – Sacral located just below the naval – Orange
- 3 – Solar Plexus located in the stomach area – Yellow
- 4 – Heart located in the center of your chest – Green
- 5 – Throat located at the base of your throat – Blue
- 6 – Third Eye located on your forehead just above the area between the eyes – Indigo or violet
- 7 – Crown located at the top of your head – Pale Violet or clear

We will look at each of these separately but I want to say two things – people study these for years so we are only going to touch the surface. If I pique your interest tonight then there are lots of great classes you can take or great info on the internet that you can look up to dive deeper. The 2<sup>nd</sup> thing I want to say before we go on is that people obsess over their chakras and drive themselves nuts because they are not in balance but no one is ever 100% in balance what you strive for is mostly in balance and know what is weak or over active and to work on that and be ok if it changes

The ancient tradition is that it moves in a clockwise motion – most universal energy also flow in a clockwise motion so to me this makes sense. Remember I said rocks work for 80-85% of people the same way but there is 15-20% that are different so don't let anyone tell you you are wrong? Well the same is true of Chakras – the vast majority spin clockwise, a few minority spin counter-clock wise

and that is their normal. So if you find this as long as everything else seems fine it is probably their normal. Interestingly, the whorl on most people's head is usually clockwise, but a small minority are counter. You determine clockwise by looking down at the crown chakra and what would be clockwise to you is what it is on the body.

Our chakras correlate very well with crystals and easily entrain with them thus cleansing and setting them to better health. Our chakras go into entropy – we talked about entropy before – it is when things are in disorder We know that our rocks because they are of a specific crystalline structure and a specific mineral /chemical composition resist entropy. They are stable and so we entrain or come into harmony with them thus restoring health! Using about a 1 inch sized stone is easiest to work with, and tumbles this size are usually easy to get and fairly inexpensive. Also there are good chakra tests on-line to help you determine which ones are out of balance on you, if you cannot sense it with your intuition or using a pendulum but these are a whole other show. I am also going to give you a Bija sound for each chakra - **Bija mantras** are one-syllable seed sounds that, when said aloud, activate the energy of the chakras in order to purify & balance the mind & body. When you speak the **bija mantras**, you resonate with the energy of the associated chakra, helping you focus upon your own instinctive awareness of your body & its needs.”

I am going to give you attributes that go with a healthy chakra, an underactive and an overactive AND I want to stress that it is having a pattern with them not one thing.

So let's start with the root chakra – it is at the base of the pelvic bone, at the perineum or you can use 2 stones one on each of the leg joints

The root chakra is all about survival, having your basic needs met, Your food, shelter, connecting with the earth. It is also connected with your adrenal glands, your tailbone and the extremities below, legs, feet etc

If it is healthy and well balanced you will be a healthy person physically, you will be stable, very secure, prosperous and well grounded. If it is weak you will have

poor focus, not well disciplined, an anxious person, anxiety, financial difficulties and disorganized.

If it is over active high energy you will notice you might notice insecurities that include hoarding things and greed over physical objects and overeating, like you are trying to gain stability by gathering more.

If any chakras are out of balance for a long time they will get denser until they manifest in physical ailments something that says hey I need help. The root chakra manifests as varicose veins, lower back pain, swollen feet or legs, dryness in the hair or poor circulation. SO again not just one but a theme.

Root Chakra is a red rock typically Garnet, Hematite or Red Jasper. If you want you can add sound or the bija- - that helps with the chakra you are working on as well – the sound for the root chakra is Lam – you do it from deep in the diaphragm

The Sacral Chakra is located between the base of your spine and your naval. It is all about our emotions. It has a watery connection. It is about sexuality and creativity. It effects the sexual energy, the prostate, the gonads – male and female, the kidneys, the bladder.

If in good health you are someone that is willing to change, go with the flow, very creative, very enthusiastic about life. You have enough energy, not too much, but enough. You are not lethargic. You are able to nurture yourself and others.

IF it is weak you will see poor social skills, a denial of pleasure, holding back, lack of passion, too many boundaries in place, a lot of fear around change, frigid and or a fear of sex.

IF too active you may notice addictive behavior, very emotionally sensitive and obsessive or OCD

If left untreated it can manifest in painful urination, anything to do with the urinary tract, lower back pain, bloating, menstrual difficulties, being depressed and mood swings

The rocks you might use will be the darker citrines, the orange ones – yes the baked ones – also Orange Calcite, Carnelian The bija is VAM

The Solar Plexus is located a few inches above the naval. It is all about your self-esteem and your will power. It has to do with your digestive system and anything to do with digestion, so liver, gallbladder, the pancreas , the spleen.

IF it is in good health you will be very confident and have a healthy self-esteem. You will be responsible, have a good sense of humor, and a warm personality.

IF it is weak you will see someone that is weak-willed easily manipulated, poor discipline, emotionally cold. They often have a victim mentality and they blame others, poor self-worth and unreliable.

IF it is overactive you will see someone who always needs to have the last word, they need to be right, they are stubborn, arrogant, overly aggressive, very controlling, may have temper tantrums when things don't go their way, power hungry, violent outbursts and very competitive. So again I want to say you are looking for a pattern – knowing someone competitive does not mean their solar plexus is out of tune – it is a pattern.

Physical manifestations of imbalance are digestive issues, burping, indigestion, constant diarrhea or constipation, excessive sugar or salt cravings, middle back pain, excessive thirst and easy to anger.

You would use lighter colored citrine, pyrite, amber or copal (copal is younger amber)

The bija is Rahm

The Heart Chakra is located at your heart and is about balance and love. Love of all kinds and compassion. It governs the heart, lungs, thymus gland, the chest, shoulders, and arms and hands

If it is happy you will be happy and content, compassionate and well balanced. They will be a warm person, they are sincere.

If the heart chakra is weak you will find someone who is antisocial, withdrawn, very critical and judgmental, isolated, lonely and having a lack of empathy for others.

If it is overactive you will see codependency, very demanding of attention, Very clingy and a jealous kind of person who tends to be a martyr and over sensitive.

If left unfixed it can manifest physically as chest pains, lung issues, a pasty complexion, upper back pain, blood pressure problems, so anything to do with the heart and immune deficiencies.

For some reason the heart has two colors of rocks associated with it both pink and green so commonly used are Green Aventurine, and Rose Quartz

The bija is Yam

The throat chakra is in the throat and is about communication, an eloquent speaker and good communication.

It governs your thyroid and throat, the ears, jaw, your voice and ability to speak.

If it is in good shape they will be very expressive, able to express themselves accurately. It also has to do with creativity in their speech and how to express themselves. They will be a good listener and they openly share knowledge.

If it is weak there will be a big fear of public speaking Difficulty articulating themselves in general, very shy and withdrawn.

Too active they talk a lot, very dominating voice, loud voice. You can hear them above others. They don't listen to anything They are just worrying about what they are going to say next so they aren't listening. And they have course language – A reminder if you hate public speaking and many of us do it does not mean your throat chakra is out of balance it has to be consistent, and most of these not just one but a Syndrome a pattern and consistent. And we are talking about FEAR not fear and you do it anyway.

Physical manifestations are ticklish throat, phlegmy, a lot of coughing all the time (not a cold), a lot of ear issues, allergies, a goiter, runny nose, stuffy nose.

The color is blue and common stones are blue lace agate and sodalite

The bija is Ham

The third eye chakra is located on your forehead, in the middle just above where your eyes are. It is all about intuition and having a clear mind. It is about the glands in your head, pituitary and pineal. It also governs the eyes and temples.

If it is well balanced you will be very intuitive and perceptive, an imaginative thinker, usually live in harmony with nature or lives holistically. And have very advanced intellectual skills.

If it is weak you will see someone who has a lack of imagination or difficulty in seeing things come to fruition. They are easily stressed. They might have poor vision and poor memory.

If it is overactive you will see someone who has real difficulty concentrating, obsessions, delusions, nightmares and hallucinations

If left out of balance for a long time the physical manifestations are going to be things like sleeping disturbances, difficulty concentrating, sinus issues, pain in the eyes, difficulty making decisions and depression.

This is the color is violet or indigo so amethyst, Lapis Lazuli and lepidolite

The bija is OM

The last is the crown Chakra and is found at the top of your head. It is all about divine connection and your inner knowing, that instant knowing. It governs some of the same as the third eye like pituitary and pineal. But it also governs the hypothalamus, the brain and the head.

In good function we will see someone who is very thoughtful, intelligent person with good spiritual connection and open minded.

A weak crown chakra gives you a lot of criticism toward spiritual connection. They will feel separated and they will not feel like they can be an abundant person They might have learning difficulties and be very uncertain in life and have a big fear of death and just plain lack purpose – like what am I here for?

If is over energized they will be overly intellectual – always wanting to debate and philosophize – A lot of confusion on the spirituality and philosophy and have almost a spritual addiction where they want to exist on another plane.

If left unchecked it will physically manifest in imbalances of the nervous system, poor short-term memory, poor coordination, dimming vision and hallucinations.

The color is light violet or clear – so clear quartz is often used here, rutilated quartz is also good. Apopphyllite.

The bija is from the back of your throat unn-ga

So these are the seven chakras and some basic info on them – to dive further do a google search and you will find tons of info Hopefully I have given you something to think about and stirred an interest in chakras and learning more

So the way you work with these is you lay down – easier to keep the rocks in place. When lying down the crown chakra stone goes right above your head. You can do a quick tune up with all of them laid out or you can work on one. You can visualize it and see it rotating faster or slower and then see the rocks entrain it and bring the rotation into balance. You can just lay there and relax or you can meditate. Do what works for you.

This is some basic information and some easy ways to work on them. I hope I have piqued your interest and you will dive in deeper and not be afraid of them. Thank you for checking this out – come join my show Uniquely Rocking It on the Inspired choice network on Wednesdays at 7pm ET